

FY2015 CHNA&HIP Progress Report

Sioux County

Community Health Improvement Plan

GOAL	Strategies	Progress on Strategies
Increase the number of adults consuming > 5 fruits and vegetables per day to 25%.	Continue to promote community gardening projects	
	Continue in-school nutrition programs to encourage establishment of healthy eating behaviors at an early age.	taught a 3rd grade class on eating healthfully and increasing physical activity using 5210 materials. Ongoing facilitative work with 5 active community coalitions whose focus is on childhood obesity prevention. 5210 activities have continued beyond the summer programming of 2014. 5210 message presented at Orange City Hospital's Family Health Fair 8/20/14, Promise CHC's Back to School Fair 8/13/14.
	Develop a tool kit for worksites to promote healthy eating habits	Shared 5-2-1-0 worksite toolkit with coalition members.
	Improve vending options in schools and at worksites	
	Promote increased access to fresh fruits and vegetables through CSAs, farmer's markets, NEMS surveys. Encourage produce sharing at food banks, senior centers, churches, MOPS groups.	
	Initiate a poster campaign using materials from the Iowa Cancer Consortium--hanging posters on community bulletin boards, in worksites, libraries, etc.	
	Encourage diabetes educators and community members who work or live with chronic disease to register for the on-line Self-Management Course "Better Health/Better Choices"	

Sioux County

Community Health Improvement Plan

GOAL	Strategies	Progress on Strategies
Increase the duration of exclusive breast feeding at 3 months of age to 44.3% and breastfeeding at all at 6 months to 60.5 %.	Complete public perception of breastfeeding surveys--initiated by CHP and administered by trained Dordt College students	
	Continue Breast Feeding Friendly Workplace initiatives	Sioux Center Health's new hospital is committed to being BFF. Has bf areas for staff and patients.
	Continue to seek funding to implement an in-home lactation support program and to develop a community-based lactation peer support program	ongoing: we seek grant money to enhance our BF support efforts.
	Facilitate a lactation educator support group and encourage CHP home visitors' and hospital breastfeeding educators' membership in Iowa Breastfeeding Coalition	A breast feeding peer support group is active in Orange City, meeting weekly. Our 2 certified lactation consultants and the Director of Children and Family Services met twice with OB nurse managers from our 3 hospitals that provide OB services to discuss collaborative breast feeding promotion efforts. Our 2 certified lactation consultants were recertified in April 2015.

GOAL	Strategies	Progress on Strategies
Decrease the number of overweight and obese children in Sioux County to 10%.	Education of parents through Healthy Families Parent Meetings. Use interactive computer program to calculate caloric needs of individual children with families at a parent meeting	the Latino Health Coalition wants to collaborate on a health screening event at which we would plan to do this.
	Partner with ISU to provide education and incentives to parents and day care providers through "parent night" or like programs at school and/or preschool sites.	
	Promote prolonged breast feeding and the delay of introducing solid foods before 6 months.	see above for breast feeding promotion efforts.

Sioux County

Community Health Improvement Plan

GOAL	Strategies	Progress on Strategies
Reduce Sioux County's colon cancer rate to the state rate of 54.31%.	Encourage early detection and screening through the means described above	Promise CHC promotes the Iowa Gets Screened program
	Promote fruit and vegetable consumption among school-aged children as well as adults	5210 activities promoted county-wide through a WellMark Small Communities grant.
	Promote physical activity	5210 activities promoted county-wide through a WellMark Small Communities grant.
	Public education re: diet/nutrition's role in cancer prevention through poster campaign, radio and newspaper messages and presentations at senior citizen centers	

Sioux County

Community Health Improvement Plan

GOAL	Strategies	Progress on Strategies
Identify 1 additional family or older adult physical activity opportunity in each Sioux County community	Continue county-wide efforts to engage families in Live Healthy Sioux County program	
	Coalition for a Healthy Sioux county will make development of community rec centers and/or community trails a priority for the next 5 years. Continue walkability assessments in communities.	CHP sends a representative to the County Trails planning meetings and to city level meetings at which expansion of rec opportunities is discussed. <i>StoryWalk</i> programs initiated in Ireton and Hawarden in October 2014 and in Rock Valley in April 2015. Plans for <i>StoryWalk</i> project initiation in Orange City in May 2015, Hull in June 2015, and Sioux Center May 2015. Latina Health Coalition has a community "Caminata" (walk) planned for 6/2/15 in Sioux Center after which we will discuss the benefits of physical activity. Healthiest State Walks held in 2 Sx County communities: Orange City and Hull (10/8/14). Shared 5210 message via handouts and tee shirts.
		new Yoga classes offered at Old Factory coffee shop.
	Collaborate with the Coalition for a Healthy Sioux County to encourage area fitness centers to offer discounts for students, senior citizens. Collaborate with Live Healthy Sioux County group to encourage fitness center to offer prizes (free or discounted memberships) to families.	NWC Recreation facility, Sioux Center All Seasons Center, and the Hull Pool offered a family membership for 5210 Let's Go Summer Program in 2015.
	Encourage diabetes educators and community members who work or live with chronic disease to register for the on-line Self-Management course "Better Health/Better Choices"	
	Partner with interested and trained community members to provide arthritis yoga and/or modified exercises to seniors in a community setting	
	Make adoption of city policies that address increased recreational opportunities a priority of the Coalition for a Healthy Sioux County	

Sioux County

Community Health Improvement Plan

GOAL	Strategies	Progress on Strategies
Increase the percentage of Sioux County adolescents aged 13-18 who are up to date on the following immunizations: HepB3, MMR2, Td, and Var2 to 90%.	Send out postcards to parents of 16 & 17 year olds reminding them of the need to obtain the immunizations.	3 medical clinics in Sioux County are collaborating with CHP to provide VFC vaccine for their patients. Previously, VFC vaccine had been available only through public health and WIC.

GOAL	Strategies	Progress on Strategies
Work to ensure that all Sioux County health care providers will provide interpreters, or a minimum, access to the Language Line to patients for who English is not a first language.	Advocate for local employer policy changes to include mandatory cultural diversity/sensitivity training.	CHP and Latino Health Coalition facilitated a back to school event for parents of Spanish speaking children in Sioux Center. The event included the school principal and a discussion of needs with the parents. The school has a fulltime staff person dedicated to working with students and parents from homes where English is not the primary language. CHP partnered with CASA, a local immigration advocacy group, and Northwestern College on 2 medical interpretation workshops for interpreters in medical settings in the NW Iowa region.
	Continue to host open discussions of the importance of providing culturally appropriate services in the patients' language.	CHP hosted community focus groups for our CHNA data gathering at which this topic was discussed at length. Finding presented to hospital administrative staff at meetings.
	Implement a new CHP policy requiring all staff members to attend at least 1 cultural diversity training per year	this is mandatory for all employees of CHP. Healthy Families staff are required to have 12 hours of cultural diversity training annually.

Sioux County

Community Health Improvement Plan

GOAL	Strategies	Progress on Strategies
Formulate a plan for accurate, culturally appropriate, and timely communication with sub-populations in Sioux County	Brainstorm with the Coalition for a Healthy Sioux County on this issue	ongoing at Emergency Preparedness meetings, immunization QI meetings, and Epi planning meetings
		community resource guide is updated and maintained by CHP. Posted on our website.

GOAL	Strategies	Progress on Strategies
Increase to 100% the children in Sioux County screened for lead poisoning before age 6.	Maintain the 5 county Northwest Iowa Lead Coalition	ongoing
	"Post-it" note campaign on applications for DHS services.--	
	Send out lead testing reminder from public health (CHP) with 1 year immunization reminder card and with 18 month Hep B reminder card-	ongoing
	Additional Resources:	

GOAL	Strategies	Progress on Strategies
Increase the number of radon test kits sold in Sioux County to 295	Post radon mitigation information on CHP website	done
	Provide free radon test kits via IDPH radon grant in collaboration with WIC.	this project was completed last FY (2014)
	Supply reduced cost kits through preschools via a \$1 discount coupon distributed to preschools in the area	completed 2014
	Continue to use travelling Radon Prevention display board throughout the county	January 2015: Radon Awareness month activities

Sioux County

Community Health Improvement Plan

GOAL	Strategies	Progress on Strategies
Increase training opportunities for farm workers.	Partner with ISU to seek funding to provide workplace safety education	

GOAL	Strategies	Progress on Strategies
Decrease the rate of MVIs in Sioux County to 10/100,000.	Partner with the Sheriff's office to educate the public about the dangers of distracted driving and about Iowa laws regarding texting and distracted driving.	
	Encourage businesses to implement policies that do not allow business to be conducted while driving	
	Share video on distracted driving with local employers, school districts, and post video on the CHP website.	

GOAL	Strategies	Progress on Strategies
Increase public awareness of mental health as a public health issue	Educate the public to destigmatize mental health issues	after CHP's community focus groups and county level focus groups, the mental health needs identified in the communities were shared with hospital representatives who then identified mental health needs as a priority to address collaboratively county wide in the upcoming year. Also partnered with the Sioux Planning Council to publicize a Youth Mental Health First Aid training held in Sioux County. 5 CHP staff members attended the training.
	Provide area health care providers with the PHQ Depression screening tool	
	Publicize the county mental health services available to qualifying resident of the county	

Sioux County

Community Health Improvement Plan

GOAL	Strategies	Progress on Strategies
Decrease to 5% the number of Sioux County 11th graders who say they have a suicide plan.	Encourage health providers to administer a PHQ, or like screening tool, routinely at sports physicals.	
	Increase referrals to county mental health services	
	Involve faith communities in promoting adolescent mental health and in recognizing and responding to warning signs of distress.	Partnered with Sioux Planning Council to publicize Youth Mental Health First Aid training in Sioux County
	Collaborate with parents, school counselors, mental health providers to provide information about warning signs of stress, anxiety, mental illness; how to respond to warning signs; referral sources.	Partnered with Sioux Planning Council to publicize Youth Mental Health First Aid training in Sioux County
		Promise CHC is offering monthly educational talks on behavioral health issues.

GOAL	Strategies	Progress on Strategies
Reduce to 10% the number of adults and to 5% the number of 11th graders who report binge drinking	Educate parents about how to spot signs of alcohol use in teens, about how to converse with teens	
	Messaging campaign about the legal consequences and penalties incurred by those who purchase alcohol for underage drinkers	
	Partner with Compass Pointe and Law Enforcement to provide education about alcohol use and abuse--and the consequences in schools, after school programs, and community settings	Compass Pointe continues to offer in-school and out-of-school educational programs for adolescents.

Sioux County

Community Health Improvement Plan

GOAL	Strategies	Progress on Strategies
Increase the knowledge of the general public, particularly Spanish speaking women, about contraception methods and ways of accessing contraception.	Provide education about birth control methods at Healthy Families parent meetings	Healthy Families parent meeting held in conjunction with Sioux Center Hospital on the topic of reproductive health and contraception: January 2015. Breast Health and Natural Family Planning workshop for Spanish speaking women held 2/15 in collaboration with Promise CHC.
		Promis CHC is offering labor and delivery classes in Spanish--quarterly.

GOAL	Strategies	Progress on Strategies
Increase the number of public health (CHP) initiated educational forums where sexual health is discussed from 0 to 4.	Provide sexual health information including contraception--through the Latina Health Coalition and monthly "Para Ti Mujer" meetings.	
	Pursue funding to provide a "Project Truth" like program in towns in the county with hospitals	